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Navy & Marine Corps Medical News (#01-24)
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MN012401. Navy Medicine Flag Officer Announcements
Chief of Naval Operations ADM Vern E. Clark announced today
the following assignments:
- RADM Alberto Diaz Jr., MC, is being assigned as assistant
chief for Education, Training and Personnel, MED-05, Bureau of
Medicine and Surgery (BUMED), Washington, D.C. Diaz is currently
serving as Commander, Naval Medical Center San Diego, CA
- RADM (Selectee) James A. Johnson, MC, is being assigned as
commander, Naval Medical Center San Diego, CA. Johnson is
currently serving as Medical Officer to the Marine Corps,
Washington, D.C.
- RADM (Lower Half) Joseph P. Vanlandingham, MSC, is being
assigned as assistant chief for plans, analysis and evaluation,
MED-08, BUMED. Vanlandingham is currently serving as Medical
Inspector General, BUMED, Bethesda, MD.
- RADM (Lower Half) (Selectee) Dennis D. Woofter, DC, is being
assigned as medical inspector general, BUMED, Bethesda, MD.
Woofter is currently serving as Commanding Officer, Naval Dental
Center Southwest, San Diego, CA.
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MN012402. SECNAV Presents Stinson EEO Award to Annapolis Clinic
Annapolis, MD - Naval Medical Clinic Annapolis, MD has
received the Department of the Navy's prestigious Nathaniel Stinson
Equal Employment Opportunity (EEO) Leadership and Achievement

Award.

The clinic was cited for its multi-cultural committee's aggressive work to promote workforce diversity.

The clinic has not had a single EEO complaint in two years and the command assessment survey shows that the clinic is a healthy climate for all employees. The award selection panel was particularly impressed with the combined efforts of the military and civilian work force in promoting the "Proud to be American" program.

Only five commands throughout the Navy and Marine Corps received Stinson Awards. Secretary of the Navy Gordon England presented them at a ceremony in the Pentagon on June 20.

The clinic's commanding officer is CAPT Kathleen D. Morrison, MSC.

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MN012403. Silent Heroes: Navy Nurses of The Korean War

By Cpl. Sandra Zarate, Marine Corps Base Quantico

Quantico, VA (NWS) -- Fifty-one years ago, more than 3,000 women volunteered as Navy nurses when war broke out on the Korean peninsula. They quietly went home after the war to be remembered only by their patients.

"I was filthy, dirty and sick as a dog," said retired Marine Corps 1st Sgt. Andrew Boquet, who served in the Korean War. "This nurse had me bathe, she gave me clean PJs (pajamas) and a tall, cold glass of milk. I'll never forget her."

To commemorate their service, more than 60 Korean War Navy nurses and hospital corpsmen gathered at a "Quiet Heroes" reunion June 9, held at Marine Corps Base Quantico, VA nurses from California, Maryland, Missouri, Pennsylvania, South Carolina, Virginia and West Virginia came to the reunion.

For 50 years, many of the men who served in the war anguished because they never had a chance to meet and thank their nurses.

With this event, they finally had their chance to thank the nurses and corpsmen who served on the hospital ships USS Repose (AH 16), USS Consolation (AH 15) and USS Haven (AH 12), as well as at U.S. Naval Hospital Yokosuka, JA.

Initially the corpsmen, nurses and Marines were brought together through a book titled "Quiet Heroes: Navy Nurses of the Korean War 1950-1953, Far East Command," by CDR Frances Omori.

"I was asked to do a women's memorial speech explaining what women in the Navy had done," said Omori. "After researching women in the Navy, I found out there was really nothing about Korean War nurses."

That's when she decided to continue her research.

"I put a brief statement in Leatherneck saying I was looking for patients of the Korean War," Omori explained.

"The letters I received from the Marine patients were so heartwarming," Omori continued. "They told their stories and explained they just wanted a chance to be able to find and thank their nurses. The patients didn't even know their nurses' names. They would call them 'pretty blue eyes,' 'pretty brown eyes' or 'my angel of mercy.'"

The reason for writing the book was to tell their stories and

honor the nurses, who served their country during that time."

"What I saw during the Korean War was overwhelming," said retired Navy nurse Gini Watson.

"Some of the Marines who came to me were half frozen, and some had lost their legs. It was really overwhelming," Watson said.

"I did everything I could to make them physically and emotionally comfortable," explained Watson while trying to hold back her tears. "They just held my hand and said 'thank you, thank you.' I've never forgotten and I never will."

Watson said she is very proud to have been a Navy nurse.

"Being a nurse was very fulfilling," Watson continued.

"I think this reunion was a marvelous idea. On a scale of one to 10, I would say it was a 10. I came from Philadelphia, not to be recognized, but to see the Nurse Corps recognized."

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MN012404. Pensacola ER Tech Aids Victims of Gas Line Explosion

By Rod Duren, NH Pensacola

Pensacola, FL - Ask the accident victims and they'll tell you John Stephens was the right man to have help you when your world goes up in flames.

Stephens, an emergency medical technician in Naval Hospital Pensacola's emergency room, just happened to be passing by when a cement truck broke through pavement rupturing gas lines and setting off explosions and a fireball. He was the first person with medical training on the scene. There were so many victims that needed aid that he can't tell you how many people he ended up helping. Three had bad burns. Two had chest pains. Others had scrape injuries, probably from being knocked off their feet and thrown during the explosions.

Stephen's quick thinking eased the pain of at least one severely burned victim. He ran to a nearby convenience store and got a bucket of ice and cloths.

"The heat was so intense you couldn't get within 200 feet of the fire," he said. "I thought I was far enough away (from fire) until some of the cars near me started going up."

Stephens' boss, nurse Marge Hargis, has a lot of praise for him.

"I think it was real gutsy to jump in there, not knowing what else might go up in flames," she said.

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MN012405. Tobacco Cessation Training Offered Via Satellite, VTC

The Department of Defense, in conjunction with the Veterans Administration, will host a Tobacco Use Cessation Toolkit training program on Wednesday, Sept. 19 from 1-3 p.m. Eastern Time. It will be offered via satellite broadcast, closed circuit military TV networks, video teleconferencing, and the Internet for those accessing it from their home.

The program targets all members of the healthcare team, medical and dental, and is designed to introduce the "toolkit" that all military and dental treatment facilities will receive. The kit includes education and motivation materials for staff and patients.

Featured on the program will be Naval Dental Center Great

Lakes, IL. It was chosen as the only active duty site because of its exceptional effective multi-tiered smoking cessation program.

Technical information on how your command or activity can access the training is available at www.SwankHealth.com.

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MN012406. Three-Peat for Okinawa's EMT Rodeo Team

By HMCS(FMF) Alexander H. Sugay Jr., USNH Okinawa

Okinawa, JA - U.S. Naval Hospital (USNH) Okinawa's Emergency Medical Technicians proved once again they are among the best of the Western Pacific recently, winning the annual EMT Rodeo competition for the third year in a row.

EMTs from the Okinawa hospital, USNH Guam, Anderson (GU) Air Force Base (AFB), Kadena (JA) AFB, Misawa (JA) AFB, the Japanese Self Defense Force, and Yakota (JA) AFB competed in the grueling three day rodeo that included six events: two mass casualty responses, water rescue, litter obstacle course, team run, and night land navigation.

According to team captain HMC Mark Kane, after winning the last two years, it would have been easy for them to sit on their laurels. But the realization that they were competing against six teams bent on dethroning them made them start training earlier and for longer hours than in the past.

"The team practiced like it was their first time competing," said Kane. "We refused to develop the dangerous attitude of complacency."

Team members are HM2(FMF) John Huffaker, HM2 Jeffrey George, HN Tracey Brown, HM3 Jon Farrow, HM2 (FMF) Jamison Hubbuch, HM3(FMF) Leander Beams, and HMC(FMF) Mark Kane.

"We're extremely proud of their accomplishments," said USNH Okinawa's Commanding Officer CAPT Michael H. Mittelman, MC.

The Western Pacific EMT Rodeo has been held annually since 1996. This year's event was held at Misawa Air Base.

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MN012407. McGowan Receives Graybiel Award for Aviation Medicine Research

By Doris Ryan, Bureau of Medicine and Surgery

Washington, DC - CDR David McGowan, MC, was presented with the Ashton Graybiel Award for excellence in aviation medicine research recently in recognition of his work in gravity induced almost-loss of consciousness (A-LOC) syndrome.

His researched was published in Aviation, Space and Environmental Medicine and documents A-LOC as an operational problem for both the Navy and Air Force.

McGowan discovered that while pilots may not totally lose consciousness when accelerating or maneuvering in their aircraft, decreased blood flow and oxygen to the brain may inhibit their judgement and physical capabilities.

"It is important for us to understand A-LOC, to improve our defenses against it, and to develop ways to let pilots understand and appreciate it without endangering themselves or their aircraft," said McGowan.

McGowan is assigned to the Bureau of Medicine and Surgery as

the Special Assistant for the Protection of Human Subjects.

The Ashton Graybiel Award was initiated in 1991 in honor of CAPT Ashton Graybiel, MC, a pioneer in aerospace medicine research.

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MN012408. Great Lakes Supports Exercise Operation Solid Citizen
By LT Youssef H. Aboul-Enein, NH Great Lakes

Great Lakes, IL - The scenario for the exercise reads like what recently happened in Texas and the East Coast - a tropical storm moved through, and there's major, life-threatening flooding in four major cities. FEMA has asked for Navy help.

That was the beginning of Operation Solid Citizen, a weeklong exercise conducted by U.S. Atlantic Fleet designed to test Great Lakes' capabilities should disaster strike.

"Operation Solid Citizen tested Great Lakes Seabees, medical support, Reserve utilization, and coordination with other services to effectively respond to scenario in which the Ohio River flooded four major cities," said CAPT Tom Ames, CEC, one of two exercise controllers.

Disaster preparedness, whether it's of the natural or man-made kind, is one of Naval Hospital Great Lakes' important responsibilities. In the case of this exercise, a key response was getting military medical personnel to locations throughout the disaster area.

"Providing over 400 Medical Personnel to key locations required the intervention of disaster experts from the Bureau of Medicine and Surgery," said HML Sam Collins of Naval Hospital Great Lakes.

Because of the scope of the exercise, other DoD activities in the area were called into play.

"We also tested the ability of the 330th Medical Brigade in Fort Sheridan, Illinois to respond to this crisis," said Collins.

The exercise controllers gave Great Lakes high marks for their support of the exercise.

"The response was excellent and there was no hesitation to contact higher headquarters for guidance and even other DoD facilities in the region," said CAPT Jim Duncan, the other exercise controller.

Sailors at Great Lakes will see another preparedness exercise later in the summer when they will be called upon to respond to a simulated man-made disaster.

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MN012409. Independent Duty Corpsmen Meet to Hone Skills

By JO2 John Baughman, Naval Hospital Bremerton

Bremerton, WA - Naval Hospital Bremerton hosted a three-day symposium to help Independent Duty Corpsman from throughout the Pacific Northwest hone their skills and learn more about the critical healthcare issues.

Independent duty corpsman serve in a variety of posts that range from submarines to Marine units.

"The key focus is to maintain the medical readiness of our units," said HMC Karl F. Matous, the symposium's chair. "Corpsmen get a chance to review any changes in medicine and meet the medical officers to whom they refer their patients."

According to HMCS Randall Hudson, who was attending the symposium, IDCs have a variety of challenges presented to them on a daily basis. Symposia such as these prepare corpsmen for any situation that might arise.

"When you're an IDC, you're it. You are the medical department," Hudson said. "Out at sea or in the field, the IDC doesn't have the support of a medical officer, which means the IDC is tasked with handling any medical situation."

Hudson said that might mean an IDC would be responsible for keeping a patient stable for hours or even days before an evacuation can be arranged.

"The USS COLE tragedy is a perfect example," Matous said. "The IDC had to deal with a mass casualty situation with very limited resources."

But Matous stressed that IDC rarely perform emergency care.

"The biggest job an IDC has is keeping track of his patients," he said. "Keeping a Sailor or Marine ready for deployment includes updating medical records, annual shots, inspections. Patient care is usually limited to common colds and referrals to medical officers."

The Navy requires all IDCs to receive at least 12 continuing education credits a year. Symposium participants will receive 18 credits.

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MN012410. Heavyweight Contender Visits Pensacola

By JO1 Maria Christina Mercado, Naval Hospital Pensacola

Pensacola, FL - Sailors at Naval Hospital Pensacola recently met Olympic Silver Medallist and heavyweight boxing contender David Izon when he visited to thank his supporters.

Izon won the Silver Medal in boxing at the Barcelona Olympics. He is scheduled to face off against heavyweight champion Hasim Rahman in Beijing, China, on Aug. 5.

Hospital employee Sylvester D. Wooten, is Izon's friend and invited him to visit.

"A lot of folks here at the hospital have kept David in their prayers. He came by to personally thank them," said Wooten.

Izon, who has also been matched to fight former heavyweight champion Mike Tyson, took a few minutes to compare muscles with HM2 Christi Sternjacob, an avid bodybuilding competitor.

"We swapped workout secrets," she said with a chuckle.

Izon told his supporters that after his bout in Beijing, he will return to show them "The Belts."

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MN012411. MANMED Available on the Navy Medicine Website

The Manual of the Medical Department, NAVMED P-117, the Navy's publication that addresses matters over which the Chief, Bureau of Medicine and Surgery exercises command, control and supervision, is linked to the Navy Medicine's website at:
navymedicine.med.navy.mil/instructions/external/external.htm.

It is also available on the Virtual Naval Hospital website, www.vnh.org/Admin/MMD/001Contents.html.

"A lot of our Fleet customers like to go to the Navy Medicine

Internet site," said Mary Snyder, director of regulations and directives at the Bureau of Medicine and Surgery. "This gives them another way to get the information."

Snyder said plans are in the works to link other instructions to the Navy Medicine website.

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MN012412. TRICARE: Where to Go For Information

The most comprehensive and up-to-date TRICARE information is available on the TRICARE website, www.tricare.osd.mil/nda, but for those beneficiaries who can't access the website or can't find the answers to their questions, there are new TRICARE toll-free telephone numbers. The numbers will connect you to TRICARE representatives with answers on TRICARE For Life, the TRICARE Senior Pharmacy Program, and TRICARE Prime Remote for active duty and their family members.

One of the best features of the new information technology center is the "warm hand-off." When beneficiaries reach a TRICARE Information Center representative, they are not disconnected until they have their questions answered, or they have been connected to another person who can help them. There are no telephone recordings or directories to sort through.

The toll-free telephone numbers for these TRICARE programs are:

- Senior Pharmacy Program 1-877-DOD-MEDS (1-877-363-6337)
- TRICARE For Life program 1-888-DOD-LIFE (1-888-363-5433)
- TRICARE Prime Remote for active duty and their family members program 1-888-DOD-CARE (1-888-363-2273).

Hours of operation for the telephone information center are Monday through Friday 7 a.m.-11 p.m., Saturday 9 a.m.-8 p.m., and Sunday 10 a.m.-5:30 p.m. ET.

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MN012413. HealthWatch: Fireworks Safety: Don't Get Burned By Nicole Deaner, Bureau of Medicine and Surgery

The Fourth of July is a time to celebrate the independence of our great nation. It's a time of family, friends, good food - and fireworks.

Before you take the celebration into your own hands, consider that thousands of people each year suffer from fireworks accidents.

And most victims are innocent bystanders, not fireworks "operators."

"Fireworks are a safety hazard and associated with serious injuries in children," said LCDR(sel) Melissa Klein, MC, a pediatrician at a Naval Hospital Great Lakes, IL.

Klein explained that firecrackers most commonly cause injuries, but bottle rockets, roman candles and even sparklers cause injuries.

Fireworks can explode in the hand, throw sparks into the face, and ignite clothing. Even a seemingly harmless sparkler can burn up to 1800 degrees Fahrenheit -- hot enough to melt many metals!

According to Pediatrics magazine, sparkler injuries are most common in children less than five years old. Most firework

accidents involve injuries to the eyes, hands and fingers as well as lower extremities.

Strict federal and state regulations prohibit the use of many fireworks. The Consumer Product Safety Commission, www.cpsc.gov, lists both federal and state fireworks regulations. State and local governments may prohibit or limit consumer fireworks including roman candles, rockets, sparklers, and firecrackers. Federal law prohibits the use of aerial bombs, cherry bombs, firecrackers with more than 50 milligrams of powder, and mail-order kits for building fireworks.

Here are a few tips to follow if you choose to celebrate the Fourth of July with fireworks:

- Read and follow warnings and instructions.
- Only purchase fireworks from a licensed retailer.
- Never allow children to ignite or play with fireworks of any kind.
- Be sure that other people are well out of range before lighting 4 fireworks.
- Never point, aim or throw fireworks at people or animals.
- Fireworks should only be ignited in open areas on smooth, flat surfaces away from people, dry leaves, flammable materials and buildings.
- Never re-light a firework that fizzles on the first try.
- Keep a bucket of water, wet towels, and water hose nearby in case of a malfunction or fire.
- Never experiment with homemade fireworks.
- Only light one firework at a time.
- Do not carry fireworks in your pockets.
- Ensure "spent" fireworks are completely out before disposing of them.

If you decide to responsibly handle your own fireworks celebration, follow the above instructions. It can save you a visit to the emergency room.

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